

Flying the nest!



*An easy guide to moving away
from home with simple recipes using
basic store cupboard ingredients*

juvela

Setting off!

Whether you're setting up home on your own or moving away to college or university, it's still really important to stick to a healthy balanced gluten-free diet. A gluten-free prescription can guarantee a regular supply of some staple foods to maintain your gluten-free diet, regardless of your location.

If you are moving to a new area here's a handy checklist of things to do:

- 1 Register with a local GP and make an appointment to set up your gluten-free prescription.
- 2 Before your appointment, think about the amount of staple foods you would eat in a typical month - including bread, breakfast cereals, pasta, pizzas and crackers, as well as any flour used in cooking and baking. To help you with this, it might be useful to keep a food diary - simply download our food diary template: www.juvela.co.uk/fooddiary
- 3 Choose a local pharmacy - your pharmacist is the healthcare professional responsible for dispensing your gluten-free prescription. They are also part of the healthcare team involved in supporting you in managing your condition and will be able to answer any other health concerns you may have. You can set up a repeat prescription which you can then collect each month from your pharmacy. And if you pay for your prescriptions, you can purchase an annual Prescription Prepayment Certificate, which is much more cost effective too!

Top tips to avoid cross contamination

Remember if you are moving in with your partner, friends, or a bunch of students, make sure they are all fully aware of your dietary needs, and the importance of avoiding cross contamination - here are some handy tips to help...

- 1 Use a **separate toaster** - if you are in university halls or a shared house, it's really important to have your own toaster. Label it as gluten-free so that others know not to use it, or until you have settled in and had chance to explain your condition, keep your toaster in a cupboard!
- 2 If you don't have a separate toaster, you can use **toaster bags** to avoid any gluten-containing crumbs getting onto your toast, or simply pop some new foil onto a clean grill each time
- 3 Avoid sharing butter, jam and pickle pots - it's a good idea to **clearly label** yours as gluten-free and ask others not to use them so there's no risk of cross contamination with any crumbs!
- 4 Have a **'safe shelf'** - keep gluten-free foods away from the gluten containing foods, especially things like flours, as the outsides of the packets can be rather 'floury'. It's also reassuring to know that all the foods on that shelf will be safe for you!
- 5 Try and keep the **kitchen surfaces sparkling clean**; give them a good wipe and spray with anti-bacterial surface cleaner before you start any food prep!

Going shopping!

As a coeliac, it's really important that you know what you can and can't eat when you are food shopping. Once you familiarise yourself with what to look out for, you can shop with confidence.

In addition to staple gluten-free foods on prescription, there are lots of naturally gluten-free foods available, including fruit and vegetables, potatoes, rice, meat, poultry, fish, milk, eggs, cheese, butter and margarine and plain yoghurt. You can then choose to buy occasional treats from the 'free from' aisles in the supermarkets.

Reading labels is really important - all pre-packed foods in the UK are covered by a law on Allergen Labelling, which means you can see by reading the ingredients list whether a food contains gluten.

Coeliac UK's Food & Drink Directory - This handy book lists 1,000's of foods you can eat and is a useful reference. Contact Coeliac UK and register as a member to receive your copy.

Coeliac UK's mobile phone app - Coeliac UK also has a very useful app that can be downloaded to your phone and used as a scanner in the supermarket to check if an item is listed as safe in the Food & Drink Directory.



Coeliac UK's Crossed Grain symbol - look out for this symbol, which is used by some manufacturers to highlight that a product is gluten-free.

Meal planning

Take one meal at a time, and before you know it, you will have your menu sorted for the month. You can still make naturally gluten-free meals that your partner/housemates can have, such as cottage pies, hot pots, curries, chilli con carne and lots more, meaning many favourites can still be enjoyed!

Research your local Cafes and Restaurants - make a note of the ones that are able to cater for a gluten-free diet. They will become your favourites and you will always have somewhere to go for that special occasion.

Keep a few snacks in your bag such as a slice of homemade gluten-free cake, a banana, gluten-free biscuits and dried fruit and nuts as they will come in handy when you are out and about!!

Store cupboard essentials – handy items always stock in your food cupboard

Gluten-Free Flour Mix[†] – for bread, cakes, pastry, biscuits, and to thicken sauces

Gluten-Free Longlife loaves/rolls[†] - for toast, sandwiches and breadcrumbs

Gluten-Free Breakfast Cereal[†] – a great snack any time of day!

Gluten-Free Pasta[†] – a quick and filling meal

Gluten-Free Pizza Bases[†] – ideal as a main meal or halved as a snack

[†] Available on prescription

Jars of pasta sauce and curry sauce*

Tinned soups*

Tinned tomatoes

Baked beans*

Tinned fish – tuna, mackerel etc

Quick ideas for nutritious meals

1. Beans and poached egg on gluten-free toast
2. Jacket potatoes – filled with cheese & beans, tuna & sweetcorn, chilli, or simply with cheese – served with a fresh green salad
3. Omelettes - with various fillings – ham, cheese, bacon, chorizo, mushrooms, onions, red pepper, spinach, peas. The list goes on...
4. Soups - have a go making your own - alternatively, many fresh and canned soups are gluten-free
5. Gluten-free pasta – many tomato pasta sauces are gluten-free. Add your favourite ingredients to create a tasty meal - chicken & mushrooms, tuna & sweetcorn, ham or bacon & peas are all winners!

We've put together a selection of delicious recipes using basic store cupboard ingredients – quick, easy and tasty recipes for busy young professionals, students, and anyone cooking meals for one - recipes that mean you don't need to spend too much time in the kitchen and more importantly, you don't miss out on delicious food!! Remember, solo suppers don't always have to mean beans on toast - treat yourself with some of these fabulous recipes...

For any ingredients marked with an asterisk (*), please refer to Coeliac UK's Gluten-Free Food & Drink Directory or the Coeliac Society of Ireland Food List for a suitable brand

F = Completed recipe suitable for freezing

breakfast on the go!

Breakfast Muffins Makes 6 muffins **F**

Great for breakfast on the go or as a mid-morning snack!

Ingredients

125g (5oz) Juvella GF White/Fibre Mix
1tsp baking powder*
50g (2oz) soft brown sugar
25g (1oz) pumpkin seeds
25g (1oz) sultanas
50ml (2fl oz) sunflower oil
2 ripe bananas, mashed
1 medium egg, lightly beaten
1tbsp milk

Method

You will need: a muffin tin, lined with 6 muffin cases

- 1 In a large bowl, combine the Mix, baking powder, sugar, pumpkin seeds, and sultanas.
- 2 Add the oil, banana, eggs, and milk, and fold all ingredients together with a metal spoon.
- 3 Divide the mixture between muffin cases, filling them almost to the top.
- 4 Bake in a preheated oven for 15-20 minutes until golden. Allow to cool on a wire rack.

- **Preparation time:** 10 minutes ● **Cooking time:** 15-20 minutes ● **Oven temperature:** 180°C/Fan 160°C/350°F/Gas Mark 4
- **Nutrition info per (90g):** 241 calories, 10.7g fat, (of which saturates 1.6g), 34.1g carbohydrate (of which sugars 20.9g), 2.6g fibre, 3.8g protein, 0.2g salt, 79mg calcium

Cranberry & Pumpkin Seed Granola Bars Makes 6 bars

Another fab breakfast in a hurry or with a mid-morning cuppa!

Store these bars in sealed food bags and they will keep for up to a week...

if you can resist them that long! Try replacing the cranberries with apricots and swap the pumpkin seeds for chopped almonds.

Ingredients

50g (2oz) butter
50g (2oz) soft brown sugar
2tbsp honey
100g (4oz) Juvella GF Pure Oats
50g (2oz) pumpkin seeds
50g (2oz) dried cranberries

Method

- 1 Heat the butter, sugar and honey a pan over a low heat until the butter is melted.
- 2 Add the Oats, pumpkin seeds and cranberries and combine to coat all ingredients are coated with butter.
- 3 Transfer into prepared tin, press down lightly and bake in a preheated oven for 25-30 minutes.
- 4 Allow to cool in the tin, then cut into 6 bars.

- **Preparation time:** 5-10 minutes ● **Cooking time:** 25-30 minutes ● **Oven temperature:** 160°C/Fan 140°C/320°F/Gas Mark 6
- **Nutrition info per bar (56g):** 217 calories, 10.8g fat, (of which saturates 4.9g), 24.3g carbohydrate (of which sugars 1.2g), 2.4g fibre, 4.3g protein, 0.1g salt, 20mg calcium

lunch & snacks

Veggie Club Sandwich Serves 1

A vegetarian twist on the traditional club sandwich - speedy, scrummy and super healthy!! Add sliced beetroot for more colour or sliced hard-boiled egg for a protein boost.

Ingredients

3 slices Juvella GF White or Fibre Loaf
1 large handful watercress, roughly chopped
½ carrot, grated
Squeeze of lemon juice
1tsp olive oil
1tbsp houmous
1 large tomato, thickly sliced

Method

- 1 Lightly toast the bread. Meanwhile, combine the watercress, carrot, lemon juice and olive oil.
- 3 Spread each slice of toast with houmous.
- 4 Top one slice with watercress and carrot salad; cover with another slice of toast, then top with tomato.
- 5 Top with final slice of toast (houmous side down!) and press down lightly. Cut in half to serve.

● **Preparation time:** 5 minutes ● **Nutrition info per portion (275g):** 267calories, 9.5g fat, (of which saturates 1.7g), 46.6g carbohydrate (of which sugars 10.1g), 5g fibre, 6.3g protein, 219g salt, 115mg calcium

Mushroom & Red Pepper Melts Serves 1

Mushrooms - a versatile essential in your fridge; great to add to pasta sauces and pizzas, and as part of a cooked breakfast! Try this idea with pan-fried mushrooms and red pepper, topped with creamy brie for a hot sandwich! You can use the other half of the red pepper in a salad, or chopped up and stirred into a pasta dish.

Ingredients

1 tbsp olive oil
½ red pepper, sliced
2 chestnut mushrooms, thickly sliced
1 garlic clove, peeled and crushed
1tsp thyme leaves
1 Juvella GF White Roll
50g (2oz) Brie or cheddar, sliced

Method

- 1 Heat the oil in a large frying pan and add the garlic, pepper, mushroom and thyme, cooking for 6-8 minutes, stirring occasionally, until softened and slightly charred.
- 2 Meanwhile, toast the roll on one side (under a grill) until golden. Pile the cooked vegetables on to the untoasted side; top with cheese and return to the grill until cheese is melted and bubbling.

● **Preparation & cooking time:** 10-15 minutes ● **Nutrition info per portion (210g):** 499 calories, 24.9g fat, (of which saturates 12.9g), 45.3g carbohydrate (of which sugars 10.6g), 4.1g fibre, 14.6g protein, 0.7g salt, 257mg calcium



Chicken Caesar Salad Serves 1

This scrummy salad takes minutes to make and is a cheap and tasty meal!

Ingredients

1 slice Juvella GF White/Fibre Loaf
1tbsp olive oil
1 cooked chicken breast, thickly sliced
2 rashers streaky bacon, cooked (optional)
3-4 leaves from cos or romaine lettuce, roughly chopped
1tbsp Caesar dressing*
1tbsp parmesan shavings

Method

- 1 For the croutons, cut the bread into chunks (approx 1" squares); place on a baking tray and drizzle with oil. Place in a preheated oven for 10-15 minutes, turning a couple of times, until golden brown.
- 2 Meanwhile, arrange the lettuce in a large bowl, scatter the chicken and bacon on top, then the croutons and parmesan.
- 3 Drizzle with Caesar dressing and season with lots of freshly ground black pepper.

● **Preparation time:** 15 minutes ● **Cooking time:** 10-15 minutes ● **Oven temperature:** 180°C/Fan 160°C/350°F/Gas Mark 4
● **Nutrition info per portion (200g):** 423 calories, 21.1g fat, (of which saturates 5.1g), 16g carbohydrate (of which sugars 2.8g), 1.3g fibre, 38.5g protein, 1.0g salt, 102mg calcium

Perfect Pizzas Serves 1 (based on 1 pizza base)

Use approx. 5tbsp passata (sieved tomatoes) or a jar of pizza topping as your base, add your favourite toppings and sprinkle with grated cheese for a quick bite! The possibilities are endless...

Ingredients

1 Juvela GF Pizza Base

Chorizo & Mushroom

75g (3oz) sliced chorizo, ½ chopped red pepper and 2 sliced mushrooms

Chicken & Red Onion

75g (3oz) cooked chicken breast, ½ small red onion and ½ red pepper

Ham & Olive

75g (3oz) finely chopped ham, 2 sliced mushrooms, and a handful of black olives

Tuna & Sweetcorn

½ tin tuna, 50g (2oz) frozen sweetcorn and ½ small red onion

Vegetarian Medley

½ red and ½ green pepper, 2 sliced mushrooms, 50g (2oz) sweetcorn, ½ onion, a handful of black olives and 1 tsp chilli flakes

Method

- 1 Spread the pizza base with tomato base, then top with your favourite toppings and sprinkle with 50g (2oz) grated cheese and pop in a preheated oven for 10-15 minutes until golden. Any leftover slices are great served cold for lunch the following day!



- **Preparation time:** 15 minutes ● **Cooking time:** 10-15 minutes ● **Oven temperature:** 200°C/Fan 180°C/400°F/Gas Mark 6
- **Nutrition info per portion (300g):** (variable depending on toppings - details given are for basic cheese & tomato pizza): 685 calories, 23.1g fat, (of which saturates 11.3g), 99.4g carbohydrate (of which sugars 17.5g), 8.4g fibre, 20.8g protein, 1.7g salt, 610mg calcium

Tuna Pasta Bake Makes 1-2 servings

A tasty meal made with storecupboard staples! It's quick and easy to prepare, and is a healthy yet substantial evening meal!

Ingredients

75g (3oz) Juvela GF Fibre Penne
 250g (10oz) passata
 1 tin tuna
 1 small tin sweetcorn (or 50g frozen sweetcorn, defrosted)
 1tsp mixed dried herbs (optional)
 ½ jar white lasagne sauce*
 50g (2oz) cheddar, grated

Method

- 1 Cook the pasta as per instructions on pack.
- 2 In a large bowl, combine the passata, tuna, sweetcorn, cooked pasta, and dried herbs.
- 3 Transfer into an ovenproof dish; spoon the white sauce over the top to cover pasta.
- 4 Sprinkle with grated cheddar and bake in a preheated oven for 15-20 minutes until cheese is bubbling and golden brown.

● **Preparation time:** 5 minutes ● **Cooking time:** 15-20 minutes ● **Oven temperature:** 200°C/Fan 180°C/400°F/Gas Mark 6
 ● **Nutrition info per twist (130g):** 469 calories, 15.2g fat, (of which saturates 7.4g), 44.2g carbohydrate (of which sugars 10.4g), 4.1g fibre, 38.5g protein, 2g salt, 412mg calcium

Chicken Laksa Serves 1

Based on the traditional Malaysian noodle soup, using Juvela Gluten-Free Tagliatelle or Spaghetti in place of noodles, this tasty tea is so quick and easy to prepare! Feeling extravagant... why not try with prawns instead of chicken?

Ingredients

½ tbsp vegetable or olive oil
 1 garlic clove, peeled and crushed
 2tsp fresh root ginger, finely chopped
 1 green chilli, deseeded and finely chopped
 Juice of ½ a lime
 1 small chicken breast, sliced
 1 can coconut milk
 100ml (4 fl oz) chicken stock
 100g (4oz) Juvela GF Tagliatelle or Spaghetti
 1tbsp fresh coriander, chopped

Method

- 1 Heat the oil in a large pan and add the garlic, ginger and chilli. Cook for a few minutes then squeeze in the lime juice.
- 2 Add the chicken, then stir in the coconut milk and stock and simmer over a medium heat for 10-15 minutes until chicken is cooked.
- 3 Meanwhile, cook the pasta in boiling water as per instructions on pack.
- 4 Drain and rinse thoroughly, add to the sauce and stir to combine; transfer to a bowl to serve and sprinkle with lots of fresh coriander.

● **Preparation & cooking time:** 15-20 minutes ● **Nutrition info per portion (600g):** 527 calories, 10g fat, (of which saturates 3.6g), 82g carbohydrate (of which sugars 18.1g), 1.4g fibre, 36.1g protein, 1.2g salt, 156mg calcium

Sausage & Mushroom Lasagne Makes 1-2 servings

A yummy and indulgent solo supper – leftovers are perfect served cold!

Ingredients

½ tbsp vegetable or olive oil
2 good quality pork sausages (skin removed and cut into chunks)
1 garlic clove, peeled and crushed
5-6 chestnut mushrooms, sliced
Sprig of thyme leaves
1 tin of chopped tomatoes
4tbsp crème fraiche
½ tsp Dijon mustard
Handful of mature cheddar, grated
3 JuveLa GF Lasagne Sheets

Method

- 1 Heat the oil in a large pan, and add the sausage meat. Using a wooden spoon, break up the sausage meat as it cooks.
- 2 Once browned, add garlic, mushrooms and thyme, and cook for a further 5 minutes until mushrooms are soft.
- 3 Stir in the tinned tomatoes and allow to simmer for a few minutes.
- 4 Meanwhile, combine the crème fraiche, mustard, and most of the cheddar in a pan and melt together over a low heat.
- 5 In an ovenproof dish, alternate layers of sausage meat sauce, lasagne sheets and cheese sauce, finishing with the cheese sauce on top. Sprinkle with remaining cheese and bake in a preheated oven for 25-30 minutes.

● **Preparation time:** 5-10 minutes ● **Cooking time:** 25-30 minutes ● **Oven temperature:** 200°C/Fan 180°C/400°F/Gas Mark 6
● **Nutrition info per portion (370g):** 468 calories, 28.8g fat, (of which saturates 14.9g), 30.5g carbohydrate (of which sugars 7.9g), 2.0g fibre, 18.5g protein, 1.9g salt, 261mg calcium



Cod & Salmon Fishcakes **F**

Makes 6 fishcakes (3 to eat and 3 to freeze!)

Fishcakes are a great way to use up any leftover mashed potato (or you can cheat and buy ready-made mash) and you can use frozen fish which may be cheaper. Serve with tartare sauce and a simple salad.

Ingredients

75g (3oz) cod (or other white fish) fillet

100g (4oz) salmon fillet

Approx. 75ml milk (for poaching fish)

250g (10oz) mashed potato

Zest and juice of ½ lemon

50g (2oz) frozen peas, defrosted

Salt and black pepper

25g (1oz) Juvella GF White Mix

1 medium egg, lightly beaten

2-3 slices Juvella GF White or Fibre

Bread, made into breadcrumbs

Method

- 1** Place the fish in a pan; cover with milk and poach for 5-10mins until fish starts to flake.
- 2** Drain off the milk and add to a large bowl with mashed potato, lemon juice and zest, and peas. Season well and combine all ingredients well.
- 3** Wet your hands slightly, and shape mixture into 6 balls, then press down to form patties.
- 4** Dip each patty in Mix, then beaten egg, and finally breadcrumbs. Pop in the fridge to chill for 30 minutes if possible.
- 5** Heat the oil in a large frying pan, and fry the fishcakes over a medium heat for 5-10 minutes each side, until golden brown.

• **Preparation time:** 5-10 minutes • **Cooking time:** 10-15 minutes • **Nutrition info per portion (95g):** 136 calories, 4.3g fat, (of which saturates 0.9g), 16.8g carbohydrate (of which sugars 1.6g), 1.4g fibre, 8.2g protein, 0.2g salt, 35mg calcium

Fancy making good old fish fingers instead?...

Using salmon or any white fish, simply cut into strips, then as with the fishcakes, dip each strip into a little Juvella GF Mix, then into egg, and finally coat evenly with breadcrumbs. Place on a baking tray and bake in a preheated oven (200°C/180°F Fan/Gas Mark 6) for approx. 10 minutes, turning occasionally, until golden.

Puds & Sweet Treats

Chocolate Mug Cake! Serves 1

The quickest and simplest chocolate cake – in a mug!...

(Please note, you'll need a large mug, sufficient to hold 400ml water).

Ingredients

4tbsp Juvela GF White Mix
4tbsp caster sugar
2tbsp cocoa
1 medium egg, lightly beaten
3tbsp milk
3tbsp vegetable oil

Method

- 1 Add Mix, sugar and cocoa to the mug and stir to combine.
- 2 Add the egg, milk and oil and beat well with a fork.
- 3 Place the mug in the microwave and cook for 2½ minutes on full power. Allow to cool for a couple of minutes before removing from microwave.
- 4 Enjoy straight from the mug - add a dollop of ice cream if you wish!

• **Preparation time:** 5 minutes • **Cooking time:** 2½ minutes (microwave) • **Nutrition info per portion (110g):** 391calories, 24g fat, (of which saturates 2.6g), 41.3g carbohydrate (of which sugars 26.6g), 2g fibre, 1g protein, 0.1g salt, 244mg calcium



Little Strawberry Trifles Makes 2 **F**

These individual trifles are a lovely light pud; we've used strawberries but you could use raspberries or blueberries too! A great way to use up any leftover sponge cake or make a fresh one and freeze what you don't use!

Ingredients

For the sponge:

200g (8oz) Juvella GF White Mix

1 tsp baking powder*

200g (8oz) caster sugar

200g (8oz) margarine (70% fat) or butter

4 medium eggs, lightly beaten

For the filling:

150g (6oz) strawberries, roughly chopped

1tbsp caster sugar

150g (6oz) thick custard*

100ml (4fl oz) double cream, lightly whipped

Method

- 1** Before you start, preheat the oven and lightly grease and base line 2x20cm (8inch) sandwich tins, or if you want to make fairy buns, place 15-20 paper cake cases in tartlet tins. You will also need glasses or glass bowls to assemble trifles in.
- 2** Place all the sponge ingredients into a large bowl and beat together until light and fluffy. Divide the mixture between sandwich tins or cake cases and bake in a preheated oven - for sandwich cakes, 20-25 minutes; for fairy buns, 10-15 minutes.
- 3** Place the strawberries in a pan with the sugar and heat gently until the strawberries soften slightly.
- 4** Once your sponge has cooled, cut small discs from sponge with a cookie cutter (approx same size as the serving glasses) or cut fairy cakes into slices. Place a layer of sponge into each serving glass.
- 5** Add the strawberries and drizzle over any juice from the pan.
- 6** Place a layer of custard over, followed by another disc of sponge, then top with a dollop of whipped cream.

- **Preparation time:** 10-15 minutes ● **Cooking time:** (if making sponge cake): 20-25 mins
- **Oven temperature:** 180°C/Fan 160°C/350°F/Gas Mark 4 ● **Nutrition info per portion (250g):** 464 calories, 26g fat, (of which saturates 15.5g), 52.2g carbohydrate (of which sugars 39.2g), 1.7g fibre, 6.9g protein, 0.5g salt, 145mg calcium

Banana Pancakes

Makes 10 portions

This sweet treat is easy to make and is perfect for breakfast or a quick delicious pud anytime!

Ingredients

75g (3oz) Juvella GF White Mix

25g (1oz) caster sugar

25g (1oz) butter, melted

1 medium egg, lightly beaten

100ml (4fl oz) milk

1 medium banana, mashed

Vegetable oil, for frying

Method

- 1 Place the Mix and sugar in a bowl; stir in the melted butter and egg.
- 2 Gradually add the milk, beating well after each addition to form a smooth batter, then stir in the mashed banana.
- 3 Use a little oil to grease a griddle or frying pan, and drop 2 tablespoons of batter per pancake into the pan. Cook on a low heat for 2 minutes until small bubbles appear on the surface and the undersides are golden.
- 4 Carefully turn over and cook for a further 2 minutes. Repeat with the remaining mixture; serve warm or cold - perfect with a drizzle of honey, toffee or chocolate sauce!

● **Preparation time:** 5 minutes ● **Cooking time:** 5 minutes ● **Nutrition Information per pancake (40g):** 75calories, 2.8g fat, (of which saturates 1.5g), 10.8g carbohydrate (of which sugars 5.5g), 0.3g fibre, 1.5g protein, 0.1g salt, 29mg calcium

Mini Doughnut Bites Makes 16

These delicious mini doughnuts make a really special treat - perfect hot or cold with jam, custard or simply on their own!

Ingredients

150g (6oz) Juvella GF White Mix

Pinch of salt

Pinch of mixed spice

50g (2oz) butter

25g (1oz) caster sugar

1 medium egg, beaten

50-75ml (2-3fl oz) milk

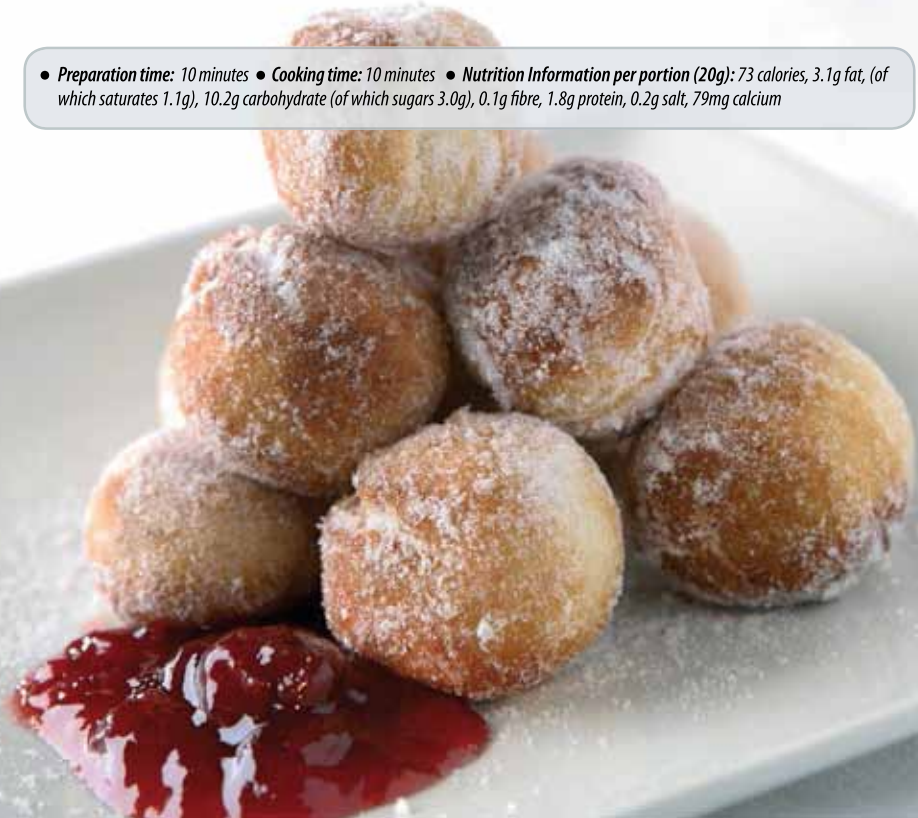
Oil for frying

Extra caster sugar for dusting

Method

- 1 In a large bowl, combine the Mix, salt and mixed spice. Rub in the butter to resemble breadcrumbs.
- 2 Add the caster sugar and stir in the egg and sufficient milk to make a soft but not sticky dough (you may not need all the milk).
- 3 Knead lightly for a couple of minutes on a surface lightly dusted with Mix.
- 4 Divide the dough into bite-size pieces and shape into balls.
- 5 Heat the oil over a medium heat for about a minute and fry a few at a time in the oil for 2-3 minutes, turning during cooking to evenly coat the doughnuts.
- 6 Drain thoroughly and toss in caster sugar.

● **Preparation time:** 10 minutes ● **Cooking time:** 10 minutes ● **Nutrition Information per portion (20g):** 73 calories, 3.1g fat, (of which saturates 1.1g), 10.2g carbohydrate (of which sugars 3.0g), 0.1g fibre, 1.8g protein, 0.2g salt, 79mg calcium



 Freephone **0800 783 1992**
ROI Freephone **1800 40 50 90**

 **info@juvela.co.uk**

 **www.juvela.co.uk**

 **19 De Havilland Drive,
Liverpool L24 8RN**

 **facebook.com/juvela**

 **@JuvelaGF**

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